

15 MARCH 2004 - 15 JUNE 2004

COMMUNITY CONNECTION

PRIDE OF PICATINNY... Your link to Morale, Welfare &
Recreation and Family Support Programs and Events

<http://w4.pica.army.mil/mwr/>

Looking Forward...



Easter Egg Hunt



Hula at Frog Falls!



ITR Trip to Virginia Beach



**Cricket the Clown...Month
of the Military Child**



Golf Season starting...



At a Glance:

Golf Spring Meeting...p 4

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Welcome and Editor's Note:

Remember "MWR - is for all of your life". The best Army in the world deserves the best MWR services - count on it!

Our Pledge: First Choice Service Wherever America's Army Serves.

*Self-Reliance * Peace of Mind
* Community * Growth *
Renewal

If you have an article for the connection please provide it to Sue Elias, email - selias@pica.army.mil or call me at (973) 724-7246.

We provide quality of life programs to the Picatinny Arsenal Community to include active duty military, retirees, civilian employees, National Guard/Reservists and all their family members as well as to our partnered communities. Our events/programs cover the gamut - recreation, family support, food, beverage and entertainment.

As always I look forward to your feedback.

Sue Elias

Features of the Morale, Welfare and Recreation webpages:

MWR Homepage -

<https://w4.pica.army.mil/mwr/>

Our programs are listed in alphabetical order.

MWR Calendar of Events -

<http://www.calendarserver.com/calendar/?account=22663>

Details of our major programs and events can be found on these calendar pages. Let us help you plan your calendar and your recreational activities.

MWR Community Connection

- is available for you to read at our MWR website:

<https://w4.pica.army.mil/mwr/CurrentNewsletter.pdf>

Look for the MWR link on the Picatinny Federal Credit Union homepage: <http://www.picatinnycu.org/>

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THE PURPOSE OF THIS NEWSLETTER IS TO PROVIDE CURRENT INFORMATION ABOUT MWR, FAMILY SUPPORT AND COMMUNITY EVENTS/PROGRAMS. THE MENTION OR APPEARANCE OF COMMERCIAL VENDORS AND/OR THEIR LOGOS NEITHER IMPLIES NOR CONSTITUTES FEDERAL ENDORSEMENT OF PRODUCTS OR SERVICES.

Editor...Susan P. Elias, Marketing/Advertising Specialist

Contributors...MWR & Family Support Staff

MWR website: <https://w4.pica.army.mil/mwr/>

THE CANNON GATE

CATERING & CONFERENCE CENTER



Customer Feedback: New Year's Eve at the Club

"Leon, Once again Jeff and Jean and the whole gang at the Club put on a wonderful, gala event for New Year's Eve! All 15 in my party had a great time and all 15 thought that the food was delicious and the entertainment was great. It was obvious that Jeff and Jean had worked very hard to get things ready. Also, during the event itself, both Jeff and Jean constantly came around to make sure that everything was being taken care of. And it was! What sets Jeff and Jean apart is their tremendous attitude. They like the business they are in and it shows. They also like people. And that shows too. They are always smiling and making everyone feel good. As a project manager I wish my team understood customer service as well as Jean and Jeff do. They are real customer champions! Thanks for a great time! Sincerely, Doug Chesnulovitch"

Mark your calendar for these great Cannon Gate Club events:

March 12, Picatinny Spring Fling (co-hosted with the PMCC)

St. Patrick's Dinner, Mar 17th, Wed., 6pm - Corn Beef and Cabbage dinner buffet, \$15/ person, call for details and your reservations!

April 11th, Easter Brunch

May 9th, Mother's Day Brunch

Be sure to make your reservations early, 973-724-CLUB.



MONTHLY DINNER BUFFET—April 22 and May 20. Don't miss our monthly buffet featuring Chef Carved Roast Beef and Fresh Turkey along with full salad bar and homemade soup. A great bargain at \$12 per person. Complimentary glass of beer, wine or soda included.



Training and Business Conferences at the Cannon Gate Catering and Conference Center - We would love to host your next business meeting, conference, working lunch, breakfast meeting...call xCLUB today.

THE CLUB

724-CLUB • 989-9079

Fax: 989-2460

BANQUETS/CATERING

724-CLUB •

Fax: 989-2460

EMAIL:

dipietro@pica.army.mil



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Morris County Vo-Tech visits Choices for "Ground Hog Job Shadow Day".



THE GOLF COURSE & PRO SHOP



Golf Focus Group Meeting

A golf focus group meeting was held in mid February to invite all golf patrons to voice their comments and concerns regarding the golf operations. There was a good turn out with many interesting topics brought up. All golf patron categories were well represented. Each council rep sat with their respective group.

The following are the representatives for each category with e-mail address so they can be informed of your concerns and either answer you directly or bring up to at bi-monthly council meeting:

Col Mark Grotke-Golf Council Chairman-
mgrotke@dcmde.dcmil;
Cpt Brian Dolan- Officers & Retired Military Rep-
bdolan@dcmde.dcmil;
John Gehbauer- Retired Civilian Rep- gehbauer1@juno.com;
Mark Sauvageau- Daily Fee Rep- msauva@pica.army.mil;
Brian Wolfinger-Advanced Fee Rep- wolfin@pica.army.mil;
Walt Wurster-League Rep- wwurster@pica.army.mil;
Sue Coppola-Ladies Rep- susel@nac.net

Spring Golf Meeting

The annual golf spring meeting is scheduled for Wednesday, 18 March at the Cannon Gate Catering and Conference Center (The Club) from 1700-1900. As always there will complimentary hors d'oeuvres and drinks.

Volunteer Golf Course Clean Up

- Our annual volunteer golf course clean up is scheduled for Saturday March 20th (rain date 27 Mar) from 0730-1200. Lunch will be provided to those who help prepare the course for the upcoming season.

Greens Opening

We anticipate opening the greens for play on Saturday 27 March (weather dependant).

USGA Green Section Regional Update - Want To Improve Your Speed of Play? Slow Down Your Greens

By Larry Gilhuly, Director
With the end of 2003 near and with rain falling, as usual, now may be a good time to reflect on the past year and mention a disturbing trend that has occurred in the Northwest Region and throughout most of the country.

A growing trend with many U.S. courses has been to feature greens with speeds that Phil Mickelson, above, and the rest of the professional ranks would face. (John Mummert/USGA) For years USGA agronomists have tried (generally in vain) to get golfers to understand the importance of raising mowing heights to avoid turf stress. This has generally fallen on deaf ears as vocal, single-digit players have insisted on putting surface speeds that are faster than championship conditions were 20 years ago. The trend of putting on surfaces that average 10'6"-11' or more on the Stimpmeter has resulted in several negatives noted on many courses this year including:

- Slow play from too many strokes on the greens. Don't know about you, but in an attempt to figure it out, it takes more time to hit a fourth or fifth putt. Where is the fun in that?
- Interesting hole locations eliminated. It sure is not fun playing to the same hole locations all the time.
- Ridiculous hole locations created. While there may be

THE GOLF COURSE & PRO SHOP



those who think it is funny to watch a ball roll off a green after narrowly missing a two-foot putt, does this really serve the game well or is it just another example of how to slow down play?

- Ball mark and old hole recovery is taking more time. How can you expect ball marks to heal when there is literally no leaf tissue?

- Moss invading *Poa annua* greens. Moss has exploded on creeping bentgrass greens during the past few years, but it was never a problem with more aggressive *Poa annua*. At least 10-20 *Poa annua*-dominated courses were visited this year where greens had significant amounts of moss. This is a sure indicator of mowing too low.

- New and old diseases striking with severity. This past year resulted in more anthracnose and fairy ring than has been observed in this writer's 20 years on staff. Diseases that have still not been identified were found in western Washington, and nematode populations were alarmingly high at several western Oregon and Washington golf courses. Hawaii was the same way, with bermudagrass being taken well

past its normal mowing heights and resulting in turf weakness and loss on many golf courses.

- This trend of maintaining golf greens at speeds that are suited to low handicap players flies directly in the face of the average player (men - 16.1, women - 29.2) and completely misses the point of golf being a fun game. Fortunately, there are some who have moved green speed back to a reasonable 9'6" - 10'; there are others, who lost grass in 2003, who have voiced a similar goal.

Do your greens a favor in 2004 by focusing on smoothness, reasonable green speed for the average player and healthier turf.

This regional update, and others written by the Green Section staff, may be found on the USGA Web site at: www.usga.org/green.

9 Hole Women's Golf Group

It's not too early to think about becoming a member of the 9 hole ladies league. New members are welcome and all levels of play are encouraged to join. Our season begins April, 2004. For additional information, please call Bev Cobb, 973-729-4566.

18 HOLE WOMEN'S GOLF

GROUP - Come and join the fun...dues are only \$17.50 for new members who sign up this year...and, as a reminder to our current members, dues will be \$35 for the 2004 season, which starts with a Spring Brunch on 13 Apr. **NOTE CHANGE:** The Rally for a Cure Cancer Tournament (previously published as 7 Jul) will be HELD ON 13 JUL. Any questions contact Nancy Fall, our 2004 Rally Chairlady (973-227-6960). Last year all proceeds were donated in memory of our good friend and coworker Ginny Moss. On a personal note, I would like to take this opportunity to say THANK YOU to everyone who helped make my job easier these past 2 years as President of the Ladies 18 Hole Golf Group. My thanks to all the ladies who chaired the committees; a special thanks to my dear friend Jean Hill who was my secretary and helped me considerably. Also thanks to all the guys in the Pro Shop....you all really helped me out a lot...my sincere gratitude...I really appreciate all you've done.... Good Luck to Verna Kolman our new 2004 President....good wishes for a successful year. Jane Buda, Publicity Chairlady

ARMY COMMUNITY SERVICE



Spring Job Fair, Wed, April 21, 2004, 10:00am – 2:00pm, Weichert Realtors, The Business Academy

Put on your best suit and bring several copies of your updated resume with you to our Spring job fair. The job fair is free and open to the public.

Registration is not required, just show up at The Business Academy between 10am-2pm.

For a complete list of participating employers and directions go to our web-site at: <http://www.pica.army.mil/mwr/acs.htm>

For more information contact Donna Della-Badia, Job Fair Coordinator, 973-724-2145 or e-mail: dellabadia@pica.army.mil

ARMY EMERGENCY RELIEF, Annual Fund Drive Campaign, 1 March – 15 May

The annual Army Emergency Relief fund drive is held each year from 1 March thru 15 May. Army Emergency Relief is a private, non-profit organization dedicated to "Helping the Army take care of its own". The program provides emergency financial assistance to military families (active and retired) in times of need. If you would like to make a contribution this year please make checks payable

to "Army Emergency Relief" and mail to: U.S. Army TACOM/ARDEC; AER Officer, Building 34N; Donna Della-Badia; Picatinny Arsenal, New Jersey 07806-5000. All contributions are tax-deductible. For more info on AER please contact Donna Della-Badia, 973-724-2145 or log onto the AER web-site at: <http://www.aerhq.org>

The Army Community Service Mobilization and Deployment Program

at Picatinny provides assistance to Soldiers, Civilians and their Families during times of separation. For more info on the Mobilization and Deployment Program contact Megan Rice at x5219. Some wonderful ways to support our Soldiers currently mobilized: www.heromiles.org

Donate Air Miles and bring a Soldier home! Operation Hero Miles gives you the opportunity to donate your unused air miles and help soldiers on the R & R program or emergency leave get home. Over 15 airlines participating. More details on the web. www.anysoldier.us A program to send Care Packages to "any Soldier". This is an up to date program with a "clearinghouse" for items. Also provides lists of what the Soldiers are asking for at this

time of year. www.aafes.com "Gift from the Homefront" is a program in which gift certificates can be purchased for an individual service member (designated by the purchaser) or distributed to "any service member" through organizations such as the American Red Cross, Air Force Aid Society or Fisher House. The gift certificates can be used at AAFES. For more information on "Gift from the Homefront" simply log on to aafes.com or call 877-770-4438 to purchase gift certificates in \$10, \$20, \$25 or \$50 denominations.

Army Community Service Financial Readiness Program, "The Crackdown on Credit"

Credit can be good or bad, depending on how it is used. The following quiz, written by Rutgers Cooperative Extension, will help you determine if you are using credit wisely or getting in over your head in debt. Circle the items that apply to you.

1. Not counting your mortgage or rent, your consumer credit payments are 20% or more of your take-home pay.
2. You buy things with credit cards that you would not buy if you had to pay cash for them.

ARMY COMMUNITY SERVICE



ACS Open House, 17 Jan 04

3. You charge day-to-day expenses, like shampoo, instead of paying cash because you do not have the money.
4. You pay only the minimum amount due on your credit cards each month.
5. You make so many credit purchases that the amount you owe does not decrease but actually increases' from one month to the next.
6. You are often overdrawn on your checking account, so you must charge everyday purchases.
7. You take out new loans to pay old ones.
8. Your family has frequent arguments about money.
9. You often have to skip some payments to make others.
10. You have had to ask a family member or friend to cosign a loan.
11. You hold more than ten credit cards, including bankcards, gasoline and department store cards.
12. You do not know how much you actually owe.
13. You borrow money to pay expected expenses such as insurance and taxes.
14. You have been turned down for a credit card or loan in the last six months.

15. You put off medical and dental visits because you cannot afford them. If you checked three or more of these statements, take the time to evaluate your use of credit. Develop strategies to bring your spending in line with your income. It will take a strong commitment to correct the situation and get back on the road to financial security, but it is a commitment worth pursuing. The Army Community Service, Financial Readiness program can help you by developing a budget or making a referral to one of two local agencies that can help with outstanding debt. For a confidential appointment, contact Donna Della-Badia, 724-2145.

On January 5th, 2004, an urgent appeal from NY/NJ Blood Services was issued for blood donations.

Following several weeks of significantly reduced blood donations, NY/NJ Blood Center's supply of blood had reached a historical and critical low level, forcing NY Blood Center to issue an urgent appeal for donations effective immediately. Donations are 50% below what is needed to meet hospital needs. The supply is the lowest it has been

since 2000 and has dropped by 50% since December 22nd. Donations are critically needed to forestall cancelled surgeries, and ER closures. Donors must be at least 17 years old, weigh a minimum of 110 lbs and be in good general health. Picatinny conducts eight Blood Drives per year and 12 Apheresis collections.

The blood drive schedule is as follows: May 21st & 28th, Aug 27th & Sep 3rd, and Nov 5th & 10th.

The Blood Drives are held in The Club between 0800-1315. To make an appointment call: Irene Fredricks @ (973) 724-7247. The Apheresis Collections are held in the NY/NJ Blood Services bus that is parked in the Clinic (B118) parking lot. To make an appointment for Apheresis call: Joyce DeGhetto (732) 220-7097 or e-mail:

jdeghetto@NYbloodcenter.org.

The following are the dates for the Apheresis collections: Mar 5th, Apr 2nd, May 7th, Jun 4th, Jul 9th, Aug 6th, Sep 17th, Oct 8th, Nov 19th & Dec 10th. For any questions or concerns, please contact: Irene Fredricks at (973) 724-7247 or e-mail ifredric@pica.army.mil.

EMPLOYEE ASSISTANCE OFFICE



Are you a caregiver? Some interesting facts...American businesses lose between \$11 to \$29 billion each year due to employees' need to care for loved ones. Over 60% of today's adult population either is or expects to be a family caregiver. Over 80% of home care services are provided by family caregivers.

More than 50 million Americans provide care or assistance to a chronically ill, disabled or elder loved one. If you are one of these caregivers then coming to one of the Focus On Wellness caregivers seminars is

specifically for you!! This series of seminars is presented by Ms. Polly Cranwell, Director of Time-Out Adult care services, Family Services of Morris County. She has over 22 years of experience in the caregiving business and is considered an expert in this field. There is no charge for these seminars and all are held in the Employee Assistance Conference Room, building 118. Please call Ellen Piccolo, 724-4357 to reserve a space.

March 25, 2004 Topic...Basics of Care giving – Planning for the Changing Needs of Your Older Family Members
April 21, 2004

Topic...Developing a team Approach When Caring for an Older Family Member
May 21, 2004 Topic..Eldercare Services: What are the Essential Resources for Caregivers

June 23, 2004 Topic..How Do You Begin to Define the Care giving Help You Need?
September 23, 2004

Topic...Focus on Conflicts in Family Care giving

National Alcohol Screening Day

National Alcohol Screening Day (NASD) will be held April 8, 2004, during Alcohol Awareness Month. The program addresses a range of drinking behaviors from risky drinking to alcohol dependence. NASD is designed to raise community awareness about the consequences of at-risk drinking and alcohol's effect on general health.

The Employee Assistance Office will be hosting a Workplace screening campaign which will include special educational and promotional materials as well a written screening questionnaire using a valid, reliable screening instrument and an opportunity for participants to meet with a health professional. Referrals for further evaluation and/or treatment are provided when appropriate.

The Employee Assistance Office is located in the Occupational Health Clinic, building 118. Watch for announcements of this event!

**EMPLOYEE
ASSISTANCE**
724-4357

ITR “TAKE OFF” CENTER

Community Recreation - “Take Off” Center,
Bldg 34 - X4014



The Intrepid

Upcoming Bus Trips - Guests are always welcome on our trips - sign up family and friends.

Spring is in the Air....and Community Recreation is on the go! Join us for one of the following bus excursions.

Atlantic City beckons on Saturday, March 20, as we travel down to the Jersey shore for our monthly visit to Atlantic City. Casino destination and coin return is not available at print time. We depart at 8 AM and after spending 6 hours of leisure time in Atlantic City, we will be back to Picatinny around 7:30 PM. The cost of the trip is \$19 per person.

Com’n along....we’re headed to the Circus! Saturday, April 3 is the date and we are traveling by comfortable charter bus to the world famous Madison Square Garden for the Ringling Brothers and Barnum and Bailey Circus. Show time is 11 AM but we depart in time to get there early so we can experience the “open ring” where everyone can go down on the Circus floor and meet some of the performers (both animal and human) up close. Maybe you will get to try your juggling skills or meet an

elephant nose to nose. These tickets are \$45/adult and \$42/child 12 years and younger.

April 24 is the date of our annual spring excursion to Mohegan Sun Casino in Connecticut. With a departure time of 8AM and a return time of 8 PM, we will enjoy our day. The cost of the trip is \$25/person and as of print time the package consists of a \$10 meal coupon (but good for the full value of the buffet) and two \$5 free bet coupons.

Come one, come all.....the trip to the Bronx Zoo is scheduled for 8 May. We depart at 9 AM and have a full day visiting the creatures who live there. You pay us for your charter bus transportation (\$15/adult and \$12/child) and then you purchase the entrance package you want at the zoo. You are welcome to bring along strollers and picnic lunches to help keep down the cost of taking your family on this wonderful excursion.

Military travel websites for your leisure travel needs:
offdutytravel.com
govarm.com
afvclub.com
military.com

Armed Forces Vacation Club....\$249 for a full week in a resort? Sounds too good to be true but it is not. The Armed Forces Vacation Club is a way to get space available accommodations at some of the best time share resorts all around the country. You can get condos with 1,2 or even 3 bedrooms at the rock bottom price quoted. Go on line at www.afvclub.com and go through the choices to see what is available in the location you desire; sometimes you have to check nearer to the date to find some spaces opening up. But once you find something; you reserve it and give them the Picatinny AFVC Installation Number of 132 and then Morale, Welfare and Recreation gets a commission on your vacation stay. We have had testimonials from many customers who have used this service and you get first rate accommodations at bargain basement prices. The program runs from Saturday to Saturday; there is no requirement to sit through any sales presentations and you can find a wonderful place for your next vacation. If you do not have internet access; then call the reservation center at 1-800-724-9988 and tell them you are a first time AFVC caller. A vacation counselor will take your enrollment and help you find an available resort.

ITR "TAKE OFF" CENTER

Community Recreation - "Take Off" Center, Bldg 34 - X4014

NEW....MULTIDAY TRIP

VIRGINIA BEACH.....May 9-13, 5 days and 4 nights of fun with excursions planned to Colonial Williamsburg and Norfolk's Naval Complex. The price is \$434 for double, triples and quads and \$509 for singles. Trip includes 4 nights at a fine motel in Virginia Beach, 4 full course breakfasts, 4 full course dinners including the Spirit of Norfolk Dinner Cruise, visit and tour of Norfolk Navy Base, MacArthur Memorial & Waterside Complex in Norfolk, Guided tour of Colonial Williamsburg, 2 shows at the Music Theatre of Williamsburg, baggage handling, taxes and standard gratuities. Call Patti Thom at 973-724-4014 if you have any questions. This trip is contracted with White Star Tours and if you have gone on any of our other trips with them; you know they run a top-notch tour service.

March 31 - Spring Book

Fair...the Books R Fun vendor will be with us on Wednesday, March 31 from 10 AM to 2 PM. Come and browse through his selection of children's books, games and crafts and all the other book selections from cookbooks to inspirational to

some of the best sellers. You are sure to find something to meet your needs. Quality and low prices are the hallmark of this vendor.

April 11 is Easter Sunday and May 9 is Mothers Day....ITR

has flowering plants, balloons and greeting cards. Do your shopping with us and save yourself the rush at the Malls.

Picatinny Guest House and

Recreation Trailers: 2 options for your recreation and temporary housing needs. The Guest House, located at 110 Farley Avenue, has 3 motel-like rooms and one Suite. Rooms rent for \$40/night and the Suite is \$56. Reservations are taken on the first working day of each month for the following month; example: on 1 Sep, all the days in Oct will open up for reservations. Active Duty have a priority sign up beginning 10 days earlier. The Recreation Trailers are located on Snakehill Road out by the Heliport. There are 14 fully furnished mobile homes available for rent. Call now to check on availability.....there is a two night minimum....so call now whether you need a short term stay or are looking for some temporary housing for a month or two.



Entertainment 2004 Books....

At \$22, if you didn't get one over the holidays and still want one for yourselves, com'n in and purchase one. These are two-for-one coupon books with hundreds of fine dining, fast food, sports events, movies and shopping coupons that will save you money all year long.

DisneyWorld Passes

| | Adult | Child (3-9) |
|-------------------------------------|-------|----------------|
| 4 Day Park Hopper | \$193 | \$155 |
| 5 Day Park Hopper | \$222 | \$179 |
| 5 Day Park Hopper Plus 2 Options | \$251 | \$202 |
| 6 Day Park Hopper Plus 3 Options | \$280 | \$225 |
| 7 Day Park Hopper Plus 4 Options | \$308 | \$247 |

Park Hopper passes are valid at all 4 major Disney attractions; Magic Kingdom, Animal Kingdom, Epcot and MGM Studios. Options entitle you to admissions into Blizzard Beach, Typhoon Lagoon, River Country, Wide World of Sports and Pleasure Island. Passes let you "hop" from park to park as much as you want each day. They also include free use of the transportation system. They need not be used consecutively and they NEVER EXPIRE. (Ticket prices subject to change when Disney increases prices to the military ticket program.)

CHILD & YOUTH SERVICES



Family Child Care Home

Liberty Science Center visits again! On Wednesday, April 14th. at 10:00am the Liberty Science Center Traveling Workshop will present , "Electricity and Magnetism". This will take place at the SAS/Teen Center (bldg. 3228). Registered patrons are invited to have their children either attend for the full day(schools are closed) or on an hourly basis to enjoy this unique program opportunity. Call the SAS office at 973-724-5555 to make a reservation for your child.

Easter Egg Hunt, 3 April 2004 12:30pm-3:00pm. There will be prizes and pictures with the Easter Bunny!

Rockaway Township School Closing April 9th. through April 16th. The township schools will be closed for Spring Holiday Recess. School Age Services will be open daily to care for your children. Our hours of operation are 7am-5pm. A variety of planned activities, including a visit from the Liberty Science Traveling Workshop, computer lab time, arts and crafts, free play, etc. are on our agenda for the week. Call and reserve your spaces today: 973-724-5555.

Now is the time to register for Summer Camp 2004!

School Age Services and Youth Services offers a 9 week Summer program, beginning June 28, and ending on August 27th.

Activities include swim time and swim lessons at the Aquatic Park, weekly field trips, 4-H Club activities, Computer Lab time, Arts and Crafts, Sports and a few Special Events as well. Call SAS for more information: 973-724-5555

We still have space available in our Family Childcare program. Our provider, Eveling Angulo, is certified by our program and has limited space left for your child. The family childcare program conducts extensive background clearances, fire and health inspections, and have received the latest training in life saving skills and child development. This home is inspected on a regular basis by our CYS team. In addition, Eveling offers USDA approved meals from a delicious and carefully planned menu. Some of the benefits of using a military homemaker environment include: family style care; loving and caring

providers; smaller groups; hours are flexible; and location. As always, our programs offer "Open Door Policy". You are most welcomed to visit with your child at any time. There are limited spaces left. For more information and to schedule an appointment, please call the Central Enrollment Office at (973)724-5555. We look forward to serving you!



National Kid's Day



FROG FALLS



Summer is coming...and Frog Falls is hopping towards its Fifth Season.

It seems like only minutes ago that the park was just a dream waiting to come true...now the dream is a reality and you can be a part of it. We have planned some exciting events to liven up your summer and help your family build memories they will cherish for a lifetime. Look for these programs and special events this summer. - Swim Lessons provided by the YMCA - Frogrobics- aquatic fitness in a fun environment - Tri-athlon in partnership with Total Fitness - 14 June: Doo-Dah Parade: explore your silly side - 31 July: Once in a Blue Moon: a moonlight party for the whole family - 9 August: Tropical Luau: This one was such a big hit last year that we're doing it again! Don't miss out! Priority Registration takes place at ITR and begins: April 5th: Active Duty Military (inc. Reservist, National Guard, Military and Coast Guard Academy Cadets) NCO and enlisted Single: \$105 Family*: \$130 Officer: Single \$130 Family*: \$155 April 19th: Retired Military (inc. Reservist, National Guard, Veterans with 100% service connected

disability and honorably discharged NCO and enlisted Single \$105 Family*: \$130 Officer: Single \$ 130 Family*: \$155 Other categories subject to the rank rates listed above: Coast Guard, Commissioned Corps of Public Health Service, Commissioned Corps of National Oceanic and Atmospheric Administration on Active Duty, Medal of Honor Recipients, Unremarried former spouses of military members for at least 20 years while the military member was on active duty to the Armed Forces; orphans of military members, when not adopted by new parents, under 21 years of age (or over if they are incapable of supporting themselves) or 23 years old if they are in full-time study. May 3: DOD Civilian (current and retired) Single: \$155 Family*: \$180 May 17th: DOD Contractor employees or technical reps, employees of military banking facilities and credit unions, working full-time on the installation (subject to annual validation) Single: \$180 Family*: \$205 * Family as designated by Army Regulation 215-1 (avail. Take Off Center/ ITR office and at the Aquatic

Website: <http://w4.pica.army.mil/mwr/MWR/AquaticPark/FrogFallsSite/home.htm> Note: All family members 3 years old and over will require an MWR Picture ID Badge

ITR is once again offering extended hours to allow new Frog Falls members to get their ID badges. Due to security procedures, you must call ITR 48 hours in advance to schedule an appointment to have your picture taken for your ID badge.

We will have extra hours on the following days for new members to obtain pool badges:

Saturday, May 15 - 0900 to 1200

Wednesday, May 19 - open until 1900

Saturday, May 22 - 0900 to 1200

Thursday, May 27 - open until 1900

Saturday, May 29 - 1100 to 1400 (Pool Opening Day)

Thursday, June 3 - open until 1900

Saturday, June 5 - 0900 to 1200

TOTAL FITNESS



The MCRIA Traveling Basketball League which plays throughout Morris County will be starting the playoffs in March. Both Picatinny teams have made the playoffs and we urge everyone to come out and support their team. Picatinny #1 plays in the highly competitive East Division as Picatinny #2 plays in a tough North Division. Games are played every Monday and Wednesday. Please contact the Fitness Center, ext.4629, for complete playoff schedules and updates.

Street Hockey will begin towards the end of March provided the weather cooperates. Games are played Monday and Wednesday at 5:30 on the street hockey court located behind Bldg. 151. If there is inclement weather, games will be subject to be played at the Fitness Center at the discretion of the league coordinator. The season runs through May and there is always room for more individuals. Last Year's winner was the War Pigs who went undefeated throughout the season. If anyone is interested in playing, please contact the Fitness Center at ext. 4629 to be placed on a team.

Women's Softball also begins in March and continues through the summer. Anyone interested in playing may contact the Fitness Center at ext. 4629 for more information.

The Total Fitness Center will be sponsoring this year's annual **Armed Forces Day 5K Run/Walk**. The date still has not been set yet TBD. Registration for the run will take place ½ hour prior to race time. The run marks the start of a fun filled day of contests and military demonstrations.

The Ping Pong Tournament is finishing up and should be complete by the end of March. The tournament included 35 competitors and 3 different brackets based upon the skill level. The players were responsible for scheduling their match and having it completed within a week of each other. The tournament has been very exciting thus far.

Men's Softball will begin in the middle of May, weather permitting, and will run throughout the summer into September. Teams and rosters should be submitted no later than the last week in April. All games are played at the softball field by the front gate. Any individuals wishing to participate are encouraged to inquire within their organization before contacting the Fitness Center as a team may already exist for them. Last year's winner was the High Heel Stompers, who mainly consist of Rockaway residents. Please contact the Fitness Center at ext. 4629 with any further questions.

Sand Volleyball will begin in early June. All Teams and rosters must be submitted by May 15th. All sand volleyball games will be played at the court which is located next to the base chapel. We hope the weather improves this year as most games were rained out last year. For more information please contact the Fitness Center at ext.4629.

TOTAL FITNESS

ROD & GUN ASSOCIATION

This year's Annual Bench Press Competition will be held in late May. The exact date should be set by March 1st. The Fitness Center is looking to improve the number of competitors from last year's great turnout. The event is held at the Fitness Center during a week-night. The contest consists of 3 attempts to bench press as much weight as you can one time, with the opportunity to increase weight with each attempt. Contestants are separated by weight class. John Vidal won the overall best male lifter last year and Gari-Lynn Smith won the overall female best lifter. We urge everyone who is participating to start training now if they haven't already. We also urge everyone to come out to participate as we have had several individuals surprise themselves in the past and go home a winner, as did Claudia Tasca who won 1st in her weight class last year. For complete details and rules, please contact the Fitness Center at ext. 4629.



SKEET & TRAP ACTIVITY CONTINUES...

Thanks to the efforts of Mr. Art Reimer, Picatinny Skeet & Trap enthusiasts may continue to hone their skills at the Lake Mohawk Sparta Gun Club. Sundays from noon (set up) to when the group calls it quits? Upon arrival, please identify yourself as from Picatinny. Shoot fees for Picatinny shooters are the same as Sparta Club members (\$2 per Round). For details & directions... Call Mr. Reimer (973 729 3736) (reimera@juno.com) for directions. Sparta has one Skeet field and one Trap field. Please take note of the following restriction for skeet shooting (ONLY): Maximum load is twelve (12) gauge, One (1) Oz, #9 shot. On your way out, please thank the Lake Mohawk Sparta Gun Club for their support to Picatinny. MWR thanks Mr. Reimer for the assistance to enable this activity to continue as we study how we may build a new skeet & trap range on Picatinny.
Lee Moreau

OTHER NEWS

What is PMCC?

The Picatinny Military Civilian Club is a "Command Approved" private non-profit social organization, whose every action results in improved quality of life here through fundraising and volunteering. PMCC members are active as volunteers helping out whenever and wherever they can as the need arises. Through its many fundraisers held throughout the year, PMCC donated approximately \$5,000 to various organizations on post as well as a few national organizations.

Members draw from the Picatinny Military and Civilian community, Active Duty and retirees. If you would like to join, call Vicky Maloney or attend the next function. The dues are only \$15 and cover operating expenses.

Get your foursomes ready for the Annual Spring Golf Outing on 6 May 2004.

PMCC Board for 2003 –2004:

President: Colleen Grotke
First VP: Sheila Conner
Second VP: Beth Albinson
Treasurer: Liz Gwilliam,
Secretary: Missy Clarke,
Parliamentarian: Tammy Trainor
Activities: Sheila Padgett
Hospitality: Reets Smith
Membership and Reservations:
Vicky Maloney
Donations: Michele Nash
Ways and Means: Amy Hrdy
Historian: Stella Wilson
Honorary President: Elinor Newman
Honorary Advisor: Kathy Izzo



..."Where Wonders Never Cease"

It is fun to learn and it is free!

Visit the Morale, Welfare and Recreation (MWR) ITR "Take Off" Center, building 34S, Monday thru Friday, 0730 - 1500, to pick up your FREE ADMISSION passes to Liberty Science Center's Open Exhibits. This offer expires June 2004.

When you visit the Liberty Science Center show your access card at the Corporate Membership Desk (the line is much shorter than at the General Admission window).

For directions to Liberty Science Center visit their website: <http://www.lsc.org/welcome.html>

Over 680 free passes to the Liberty Science Center have been issued, got yours??

Vet Clinics - Call to make an appointment, (732) 532-2406 or DSN 992-2406. Next Vet Clinic date will be Monday, 15 March 2004, 9am to 1pm in Bldg 1095. The Clinic will be able to see minor sick call patients.

COMMUNITY CONNECTION

DEPARTMENT OF THE ARMY
COMMANDER, US ARMY TACOM-ARDEC
MARKETING - BUILDING 34N
PICATINNY ARSENAL, NJ 07806-5000
OFFICIAL BUSINESS



**Summer Celebration of
National Kid's Day**

Communication and the "Community Connection"

Please let me know how you would like to view the newsletter. **You have a choice:** By mail; On the MWR website; or Both. **Please vote for your choice** on the MWR website at <https://w4.pica.army.mil/mwr/CommunityConnection/form.htm>
If not, please email <selias@pica.army.mil> or call MWR Marketing at (973) 724-5385 with your choice. Thank you!

MORALE, WELFARE & RECREATION AND FAMILY SUPPORT PHONE LISTING

| | |
|---|----------------|
| <i>Army Community Service</i> | (973)724-7247 |
| <i>Aquatic Park "Frog Falls"</i> | (973)724-7275 |
| <i>Cannon Gate Catering & Conference Center</i> | (973)724-2582 |
| <i>Chapel Center</i> | (973) 724-4139 |
| <i>Child Development Center</i> | (973) 724-4337 |
| <i>Child Development Services</i> | (973) 724-4994 |
| <i>Choices</i> | (973) 724-5649 |
| <i>Employee Assistance</i> | (973) 724-4357 |
| <i>Family Child Care</i> | (973) 724-4994 |
| <i>Golf Pro Shop</i> | (973) 724-4653 |
| <i>Lil' Skeeters</i> | (973) 724-2405 |
| <i>Lodging</i> | (973) 724-8855 |
| <i>Information, Ticketing & Registration</i> | (973) 724-4186 |
| <i>Marketing</i> | (973) 724-7246 |
| <i>Outdoor Recreation</i> | (973) 724-4484 |
| <i>Personnel</i> | (973) 724-2261 |
| <i>Rod & Gun Association</i> | (973) 724-4484 |
| <i>School Age Services</i> | (973) 724-5555 |
| <i>Teen Center</i> | (973) 724-7183 |
| <i>Total Fitness</i> | (973) 724-6215 |

**COMMUNITY CONNECTION ... YOUR LINK TO MORALE, WELFARE & RECREATION
AND FAMILY SUPPORT PROGRAMS AND EVENTS FOR MAR/APR/MAY/JUN04**